



# Brattleboro Area Hospice Newsletter

August 2006

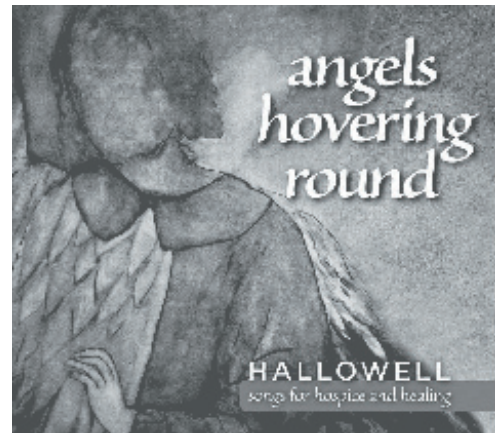
Brattleboro Area Hospice • 191 Canal Street • Brattleboro, Vermont 05301  
802-257-0775 • E-mail: brattleborohospice@adelphia.net

## HALLOWELL RELEASES CD

Join us to celebrate during Gallery Walk on August 4th  
at Experienced Goods Thrift Shop

Hallowell is pleased to announce the release of our new CD, "Angels Hovering Round," a recording of some of our favorite hospice and healing songs. It was made in hopes of sharing songs we sing to help a soul pass over or to simply bring joy to those in need of music and spirit in their lives. Come help us celebrate, support our work, spread this ministry throughout the community and beyond and hear our spirited singing live in the shop. We'll be singing at Hospice's Experienced Goods Thrift Shop between 6:00 and 7:30 PM during Gallery Walk on Friday, August 4th.

And of course, we'll have our CD's for sale.



Cover art by Terry Sylvester

## "I'LL MEET YOU AT THE QUARTER SHELF" LOVE AT THE QUARTER SHELF

Online dating, blind dating, perhaps the local bar, but the Quarter Shelf at Experienced Goods—who would have thought! There are people that really like the Quarter Shelf, some have even used the word "addicted", but most are looking to find a deal, not a date. This is the story of a two lucky ones who found love at the Quarter Shelf!

It was a Thursday, the 4<sup>th</sup> of November, 2004 when Calle and Kevin met at the Quarter Shelf, when the shop was on Elliot Street. They had both been thrift shoppers all of their lives. They both had been Experienced Goods regulars for quite some time. In fact, Calle has been shopping at Experienced Goods since the entire store occupied the area of what would become the Quarter Shelf on Elliot Street. On that particular day they were both conversing with an Experienced Goods staff

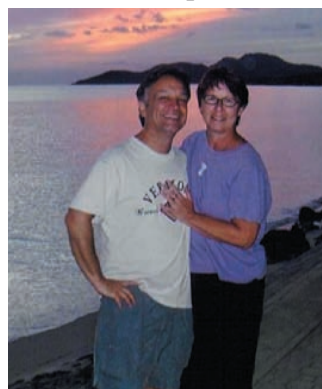
member, Mia...something about a blender... and when Mia left the two of them continued conversing, and, well, the rest is history. On that particular day they made no purchases from the

Quarter Shelf, although Calle did buy a brand new roasting pan (which she put to use not long after preparing a roast to impress Kevin) a skirt, and a nail puller. Kevin got Calle!

Calle works at Verde and, as it is just a hop and a skip to Experienced Goods, she frequents our place quite a bit. When Calle and Kevin moved in together, they were making weekly donations as well. They were bringing in such an abundance of things that

Gemma (the Manager of Experienced Goods) jokingly told them "you should have opened your own shop"!

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## VOLUNTEERS NEEDED TO HELP WITH FUNDRAISERS IN SEPTEMBER, OCTOBER AND NOVEMBER

We have three fundraising events coming up this fall...that could really use some volunteer energy!

**SEPTEMBER 23, Saturday:** American Legion Talent Show Fundraiser, volunteers needed for one and two hour blocks from 5 - 9 pm to do various things such as sell tickets and sell food at the Legion. They have generously offered to donate all the money from this event, which is expected to sell out!

**OCTOBER 1, Sunday:** Coffee Break Fundraiser: volunteers are needed beforehand to provide items such as baked goods and sandwiches, also to work at

the tables at the Welcome Center in two hour blocks from 7 am – 2 pm on the day of the event.

**NOVEMBER 4, Saturday:** Marta Gomez and Trio Concert. BAH is bringing marvelous Latin jazz singer Marta Gomez and her trio to Brattleboro to celebrate Dia de los Muertos. During intermission we will be selling luscious desserts; volunteers are needed to provide fancy desserts beforehand or to sell desserts from approximately 8:15 – 8:45 pm on the day of the concert.

**Please contact Jennifer at 257-0775 for more information and to volunteer your help to Hospice.**

### *With sadness we say goodbye...*

Long time Shop volunteer David Bennett, husband of staff member Nika Feldman, died in July. David was a gentle soul, creative and caring, with a great sense of humor and whimsy. We will miss "David the tender heart". Our love and sympathy goes out to Nika and their family and friends.

We offer the following poem, first published in our bereavement newsletter *Seasons*, in memory of David.

#### **On Losing You**

The chrysalis burst, the soul flown.  
We, left living, sift the debris and wail,  
"Where are you?" "No! No! Be back!" "No change! Not this!"  
But Death—real, irreversible—**IS**.  
And we **ARE**.  
And Life won't stop, won't wait.  
Confused, grieving we try making sense of the never-to-be-understood,  
And using the candle of our love for you, grope for comfort in our shared memories.  
What you were to each will be found, held, strengthened.  
Your going is unchangeable dear friend,  
But your life was twined in the tapestries of ours and that much we can hold to heart.

by Sue Vrooman, written in loving memory of her friend and colleague, Robert Lewis Bryant

## LOVE AT THE QUARTER SHELF, *continued*

Kevin is a musician, music teacher and is also known by many as the host of Open Mike at the Moles Eye. His best Quarter Shelf purchase was an Orvis canvas rolling suitcase which was dirty, he said, "but which washed up nicely. They sell new for \$300".

He was just pulling it out for their upcoming vacation in Maine.

Calle and Kevin continue to donate, they continue to find treasures, and they continue to say "I'll meet you after work at the Quarter Shelf".

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## FROM BETH...

It is inescapable that each of us at some point will find ourselves traveling through dark scary caverns along our journeys of life. Yet as I continue on my own path, I am discovering in a deeper and more meaningful way, the truth that there is no need to live in these places, or to travel them alone. Recently I was reminded of this as several people I have known, as well as my lovely companion dog of 13 years slipped away from this world. I found myself listening to songs of loss, speaking in a softer voice, moving slower, feeling less focused. I found myself remembering and holding the truth that I only need to pass through these dark places and sift through them, finding myself more whole now on the other side.

When I can remember to and allow myself trust in the pain, and share it with others, I feel my heart opening more. Less is what I expected, less is what has happened in the past, more is what I find is now possible. My work in Hospice informs this daily. Several times recently when I have met with a new client, within the first visit a truth emerges; "Hospice scares me". We sit quietly and explore what this means, how we might possibly look at it differently, what is needed to feel safe, and the reality (and uncertainty) of what lies ahead. I am touched so deeply by these moments, by the rawness and depth of life. I witness the healing of those scary places occurring at any time, over time, and calling out to each of us every day.

The morning after we got the call that our friend Jama had died, a bright yellow bird arrived for just a moment on our bird feeder. Never seen before, never seen again since. Of course, yellow was her favorite color. Just days before my lovely Shasta was put to her final sleep, I was led to the most compassionate

dear sweet and kind veterinarian I have ever met. He could not have been more perfect, or said one word differently for exactly what my heart needed in those days. Finding out my dear sweet aunt died peacefully at 90 years of age, I was comforted knowing how loved she was, and what a full life she lived. The support provided to me by my peers allowed me to make some quick and 'impractical' decisions in order to take care of myself, and go say a final goodbye.

Opportunities surround me and sometimes I choose to say no. Sometimes it hurts too much or feels too lonely, especially when I feel I am 'the only one'. I find remembering that the healing work we each do really can and does contribute to the healing of us all can help me shift from that place. I feel such wonder when I see this in another, and even in some moments, in myself. Working in the community I do with many of you, gently and tenderly I am nudged, and hear the whispers, that rarely am I or are those we serve, alone.

The day we received the news of Brian's last morning with his wife and daughters, deer were dancing in the field on my way to work, while bulbs were emerging from their slumber and hibernation. I drove into town and I witnessed a man walking across main street so happy spring was arriving he wore a bright red cowboy hat and boots - with shorts on, while another person crossing from a different direction had decorated himself with several bright colors throughout his hair.

Someone recently said to me, I want to see beauty more; I want to see beauty everyday. Look around, look for it, its right there waiting. Not only is beauty everywhere, right next to it is laughter. Deep down belly laughter.

### **PATIENT CARE TRAININGS IN BRATTLEBORO AND WILMINGTON THIS FALL**

This Fall we are offering two Patient Care Trainings, one in Brattleboro and one in Wilmington. If you or someone you know are interested in attending one of these trainings, please contact Bettina at 257-0775.

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## COMMUNITY EDUCATIONAL OFFERINGS

In May and June respectively, BAH began hosting two ongoing series; An End Of Life Discussion Series and a Caregiver Workshop series. Both will continue to take place at The Gathering Place, 30 Terrace Street in Brattleboro.

In May we started our **END OF LIFE DISCUSSION SERIES** with a panel of five members, each speaking to specific aspects of **Spirituality** related to end of life care. On our panel consisted of Rabbi Howard Cohen of Bennington, Susan Hebson from the Sukyo Mahikari tradition, Elaine Bowen; an Interfaith Chaplain, Lise Sparrow of the Guilford Community Church and Cheryl Wilfong, a long time Buddhist practitioner. After each panelist presented on issues related to the topic, community members present joined in asking questions and sharing experiences. A rich and interesting conversation ensued. Thank you to all who attended and participated.

In June this community conversation continued with Nancy Lord, Director of Hilltop House and Janice Malin, a social worker in private practice and working for Visiting Nurses Association, speaking on the topic of **Caregiving At A Distance**. Addressed during this evening were the potential hidden opportunities in such relationships, and the challenges many of us face. Some of the many topics discussed were boundaries, changing roles and relationships, logistics of becoming a care manager rather than a caregiver, planning ahead, knowing when to travel, when or how to use a geriatric case manager, communication, accessing resources and information, making hard decisions and advocacy, advance directives, and grief. If anyone is interested, we have booklets left over called "So Far Away, Twenty Questions for Long Distance Caregivers". Feel free to come by the office for one.

On July 26<sup>th</sup>, from 7-9pm, the third part in our End of Life series will be led by Alice Estey, discussing **Family Conflict At End-Of-Life**. Alice Estey has been a mediator and has trained mediators for the past 16 years. She is past Director of the Mediation Conflict Management Program at Woodbury College and

currently teaches in their new Masters of Mediation Program, is author of the pamphlet "When Someone is Dying, What Can I Say? How Can I Help?".

Beginning in June, the Southeastern Vermont Council on Aging and Brattleboro Area Hospice began sponsoring a series of **free monthly Caregiver Workshops** on the second Thursday of each month. Our first began with a kind and thoughtful community member who spoke of her personal experiences taking care of her mother for many years before her death in February. A supportive discussion followed touching on topics such as roles and relationships, self care, common feelings and burnout. Our second meeting addressed issues of Neurological Disorders and issues related to caregiving in these situations.

Facilitated by Cheryl Richards, an end of Life Consultant and Grief Counselor, these workshops are open to ALL interested community members who would like to know more about Caregiving, regardless of whether or not you are currently caring for someone.

The next gathering will be Thursday, August 10, at the Gathering Place from 4:00 - 5:45pm. The third in this monthly series, **Alzheimer's Disease And Dementia** will be discussed, covering the progression of care from the early to late stages of the disease. Discussions will include helpful hints from safety to physical care, the emotional roller coaster of caring for a loved one, self care and community resources. Open to ALL interested community members who would like to know more about caregiving. Please call 257-0775 for information and to register.

**Future Caregiving Workshops are listed below.** Please call 257-0775 for information and to register.

August 10<sup>th</sup>: *Caring For Someone With Alzheimer's Disease Or Dementia*

September 14<sup>th</sup>: *Nutritional Issues of Caregiving*

October 12<sup>th</sup>: *Negotiating The Health Care System*

November 9<sup>th</sup>: *Personal Care*

December 14<sup>th</sup> : *Caregiving at End of Life*

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us." ~ Helen Keller

## **YOU MUST LET IT GO**

You cannot erase the past;  
you must let it go.  
You cannot change yesterday;  
you must accept the lessons  
learned.  
You cannot stop time  
or stand still in the world  
racing around in circles;  
you must dance with the wind  
and sing with the songs  
that are playing.  
Let whatever mistakes you  
have made  
remain in the shadows  
of times gone by,  
and let love be the answer  
to the mysteries in life.  
~ author unknown

### **WANTED: STORE ASSISTANT**

Experienced Goods Thrift Shop is looking for reliable, self-directed staff who are team players and able to multitask. Must be available to work Saturdays. Some lifting is required. 35/hours/week, starting pay \$9.00/per hour; pro-rated health care and vacation benefits. Send or drop off a resume & cover letter (or a letter of interest outlining your experience) to: Job Search, Experienced Goods Thrift Shop, 77 Flat Street, Brattleboro, VT 05301.

### **HOSPICE NEWSLETTER NOW ONLINE!**

Starting in July we've begun publishing our newsletter online at our website: [www.brattleborohospice.org](http://www.brattleborohospice.org).  
If you would rather read it online than receive a paper copy in the mail, please e-mail Jennifer at <[brattleboro\\_hospice@adelphia.net](mailto:brattleboro_hospice@adelphia.net)>, and we will send you a monthly reminder when the newsletter is posted online rather than a paper copy.

## Brattleboro Area Hospice

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*Store Assistant*

## CALENDAR

**August 1, 8, 15, 22, 29, Tuesdays, 12:15 - 12:45 pm.** *Silent sitting in Hospice Library.* Information: 257-0775.

**August 3, Tuesday, 5:00 - 6:30 pm.** *Bereaved Parents Monthly Support Group* facilitated by Linda & Graham Gordon.

**August 3, 10, 17, 24, 31, Thursdays, 5:00 - 6:30 pm.** *Loss Writing Support Group* facilitated by Muriel Winter Wolf, for those who have previously been in a bereavement support group.

**August 4.** *Volunteer Report Forms due.*

**August 4, Friday, 5:30 pm.** *Gallery Walk Celebration* with Hallowell and a new auction window at Experienced Goods. Information in this newsletter.

**August 9 & 23, Wednesdays, 4:00 - 5:30 pm.** *Spouse/Partner Loss Support Group.* Facilitated by Cheryl Richards.

**August 10, Thursday, 4:00 - 5:45pm.** The third in Caregiving monthly series, *Caring for Someone with Alzheimer's Disease And Dementia* at the Gathering Place. Facilitated by Cheryl Richards. Call 257-0775 for information and to register.

**August 14, Monday, 5:30 - 7:30 pm.** Board of Directors Meeting.

**August 17, Thursday, 5:30 - 7:00 pm.** *Parent/Sibling Loss Monthly Support Group.* You are welcome to bring a picture or memento to share with the group. Facilitated by Elizabeth Pittman.

**Brattleboro Area Hospice**  
**191 Canal Street**  
**Brattleboro, VT 05301**  
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